



A school that provides a professional, stimulating and challenging learning environment

Principal

Mr John Southon

Head Teacher Secondary

Mr Gerry Capell

Assistant Principal

Mrs Fiona Sanderson



Reminders

This week

Wednesday 3/3/21

K-2 Excursion @ Orange

Friday 5/3/21

SRC Conference Day

Next week

Wednesday 10/3/21

P&C AGM @ 3:30pm
Library

Thursday 11/3/21

WA Secondary Swimming

PI Training @ Yeoval

Friday 12/3/21

WA Primary Swimming @
Dubbo

P&C

President

Mr Jono Sanderson

Secretary

Mrs Jo Randall

Treasurer

Mrs Lubka Prebendarcik



**Education &
Communities**

Trundle Central School Newsletter

Term 1 Week 6

1st March 2021

CONGRATULATIONS Primary Swimmers



Congratulations

Thomas Sanderson:

Junior Boy Champion Runner– Up

1st in 10 years Boys 50m

1st in Junior Boys Butterfly 50m.

Congratulations relay team on
qualifying to WSSA Swimming
carnival on the 12th March!

This team consists of Hailey
Bolam, Vashti Williams, Alex
Stevenson and Thomas Sanderson.



More
photos
on
p.12

Principal's Message

This week is the K/1/2 excursion to Orange Theatre. This excursion is heavily subsidised by the school and seems great fun, so I encourage all students to attend the excursion. I believe it is vitally important for students to experience opportunities outside the confines of Trundle, as the world does not end at Bogan Gate, Parkes or Forbes. In fact, it could be argued, it just begins. This is why the school operates two buses despite the need to absorb a considerable financial loss each year. This is to make travel affordable to all families.

This week is also the SRC conference. I believe this conference is especially important this year because the school has made a grant to the SRC. I will be interested to see the creative ideas this think tank develops. Another task I have asked the female members of the SRC to perform, is to be an advocate for girls. Our school is very male dominated in terms of numbers. This is in no small way because of the front office producing 17 boys and no girls. This is statistically invalid and should be impossible, but if it can happen anywhere, it can happen in Trundle. One of my goals is to make our boys respect women at all times, yes even when alcohol is involved, and our girls demand this respect. The two concepts are co-dependent because in my experience you receive what you demand. No need to burn the bra, but value yourself, so girls can achieve anything.

Last week, our swimmers travelled to Warren. Thomas Sanderson was runner up in the age championship and the relay team consisting of: Hailey Bolam, Vashti Williams, Alex Stevenson and Thomas Sanderson, placed second. These students will now move to the next round, an outstanding achievement. I believe it is especially meritorious because our students train in a 25-metre pool and the representative carnivals are in a full Olympic size pool. I thank Mrs Sanderson and Mrs Strudwick and parents for supporting these children.

Last week were our Western Access Program study days for the start of the year. All reports, mind you sometimes I do not hear all pieces of information, were that these days ran smoothly and students gained academically and socially from the experience. I especially appreciate the enormous goodwill of my staff to transport students and work outside their normal hours to allow these days to occur. Staff goodwill is a feature of our school and the result is students are exposed to a variety of extra educational opportunities and pastoral care. I sometimes do not believe Trundle residents understand how blessed we are to have stable, talented and professional staff. Many schools are struggling to recruit and hold staff, we currently have a waiting list of people trying to gain positions.

The increase in maturity of most students throughout years 11/12 is amazing. The majority of students grow tremendously because they embrace the experience and challenges of the Higher School Certificate. Some move into employment during this time, which I value and celebrate immensely, others do not complete the year for various reasons, inside or outside their control. I look forward to all students across the Western Access Program experiencing the success they deserve.

I write that some things are outside children's control because the failings of adults often fall upon children. In my career, I have seen many students who have disrupted educational patterns because of the continual movement of parents. Many, because of genuine reasons, others because of an intrinsic desire to continually look over the fence for the greener grass, rather than face problems. A new town, a new life, does not always work because the problems are eventually transferred to the new location, because the fundamental underlying causes are not addressed.

A small, but growing group of parents suffer from what I describe as Munchausen Syndrome by proxy. Munchausen Syndrome is where people constantly fake or over dramatize illness in order to get sympathy and compassion from others. Munchausen by proxy means parents wanting their children to be sick and dependent.

This is because their life has greater meaning and value, because they are needed. The result unfortunately is co-dependent children who lack emotional resilience, which I believe is a form of child abuse. The greatest gift you can give a child is independence.

Many times, the best form of learning for children is managed failure. A small failure often allows children to understand that they cannot easily achieve, or have everything they desire, often perseverance is required. Parenting is the hardest job and there is no training course. I am offering observations, not perfect solutions. If I could write the manual for perfect parenting I would be a very wealthy man.

One of my passions is to try and improve access to mental health support for children in country communities. Access to services in the city is inadequate, but in some country areas non-existent, a national disgrace in such a wealthy country. The idea I am taking to our community and political leaders is *Telepsychiatry*. This is not for acute emergency cases, but for early intervention and counselling follow-up. This would involve family sessions, training, or counselling available to our community between face to face appointments with professionals.

This idea is ambitious because it requires a commitment, but one of the major problems I see, is the extended time between appointments and the difficulty in obtaining the first appointment. I am willing to offer the school virtual conferencing facilities for the sessions to take place, but I need government commitment to provide the workforce for an extended period of time. If it is not a prolonged commitment, country kids are yet again let down by Sydney and Canberra. I am not criticising the government, I am asking them to at least acknowledge the massive disparity and gaps in service that have been allowed to develop in country communities. Technology is not the perfect solution but it can be part of the solution.

A school principal advocating for improved mental health services proves often difficult because of the community perception of mental health. I am not trying to increase this service because I believe the problem is unique to Trundle. Australia has a problem with poor youth mental

health. Let's, as a community, be on the front foot and be proactive in helping reduce the problem for our children.

Last week, an increase in Job Seeker was announced. It is painfully obvious that the level of Job Keeper is too low for people genuinely seeking employment. If you want to form the perfect backside print on the couch, it is very adequate money, but these people cannot determine the level of payment. Maybe, we need to look now at those industries that are chronically underpaid. For example, childcare workers. These people, although providing a vital service in preparing young people for big school and dealing with all of societies issues which are reflected in children, are not paid as professionals. An area for considerable concern.

Last week, the school had a wave of sickness through primary, causing many children to be sent home. I thank parents for their cooperation in quickly collecting children. These bugs of course spread very quickly in schools because of the close proximity of children. Please do not send your child to school if they are sick. If you do and they are sent home with flu like symptoms, they may require a COVID-19 test before they return to school. This will place a layer of complexity onto what could be a matter of a day in bed to recover from a virus.

John Southon
Principal





STEWART HOUSE Donation Drive 2021

Please issue the attached envelopes to your families and ask them to donate \$2.00 for a chance to win a \$4,000 GIFT VOUCHER.

Completed empty envelopes (with legible name & contact phone number) must reach Stewart House by Friday 28th May 2021, in time for the draw at 12pm on this date. We will reconcile these to payments received via EDConnect. Unused envelopes may be appropriately recycled.

Families & Supporters

Follow these 3 easy steps

- STEP 1...** Take home the envelope and fill in your name, address, telephone number and school.
- STEP 2...** Insert a donation of at least \$2 into the envelope and seal it.
- STEP 3...** Return the envelope to your school / office.

School & Office Staff

Follow these 4 easy steps

- STEP 1...** Please open envelopes, count and record all money returned to your school. It is illegal to send cash through the mail - many thanks for the extra work involved in this process.
- STEP 2...** Post empty envelopes (with completed details on the back) to Stewart House, PO Box 21, FRESHWATER, NSW 2096.
- STEP 3...** Make payment to Stewart House via either options (i) or (ii) below:
- (i) Complete a **Special Payment Request** on the DoE finance system and email this together on school letterhead advising that the payment request is for a donation to Stewart House from money raised by....**School Name - Donation Drive** (for example - Harbord PS - DD) to: EDConnect.accounts@schools.det.nsw.edu.au. The **Stewart House vendor number is 100010992**. (You cannot use the schools one time vendor account.)
- (ii) Payment via our website using your **School Pcard**. Please click the **Donate Now** button on the Stewart House homepage www.stewarthouse.org.au. Type in the amount and follow the prompts. Please select "Donation Drive" in the additional information drop down at checkout.
- Please note, donations to Stewart House are **GST free**.
- STEP 4...** We will issue a receipt for the total school donation.

NOTE: Supporters of Public Education are welcome to enter the draw. If you work at a school, please submit your envelope as part of the general school donation drive entry. If you work in an office, please send your emptied envelopes and cheque for the total donation by post to Stewart House (PO Box 21, Freshwater, NSW, 2096) or make payment through the credit card portal on the Stewart House website stewarthouse.org.au.

Important Information

The winning entry for the \$4,000 gift voucher will be drawn on Friday 28th May 2021 at 12pm. The winner and the winner's school will be contacted by phone and email. Full terms and conditions for this competition are available on our website stewarthouse.org.au.



PO BOX 21 FRESHWATER NSW 2096 | 9938 3100
marketing@stewarthouse.org.au
www.stewarthouse.org.au
 /StewartHouse2096



Education





Merchandise Order Form

Stewart House Fundraising

! Please forward this form to your *School Fundraising Committee* or *SRC leader*

Fluoro Fun Dough



50% off

- Australian-made & non-toxic
- 80g pots of fluoro dough in yellow, pink, green and orange

COST: \$25 per box. Each box has 12 pots (was \$50)

Slapband



50% off

- Custom-printed in Stewart House signature-blue with gold stars
- Fun, memorable & interactive

COST: \$25 per sleeve. Each sleeve has 12 bands (was \$50)

High-Bounce Ball



- Custom-printed with Stewart House logo
- Lightweight rubber

COST: \$72 per box. Each box has 24 balls

Stewart House Merchandise Order Form

Our sponsor Modern Teaching Aids (MTA), has generously funded all postage and handling costs for delivery of all merchandise. Stewart House appreciates the continued support of MTA.



Fluoro Fun Dough - Priced at 50% Off

Number of boxes
(12 pots per box) @ \$25 per box → \$

Slapbands - Priced at 50% Off

Number of sleeves
(12 bands per sleeve) @ \$25 per box → \$

High Bounce Balls

Number of boxes
(24 balls in a box) @ \$72 per box → \$

Total: \$

Method of Payment

There are two payment options:

1. **Purchase Order** - via the DoE finance system (EDConnect). The **Stewart House vendor number is 100010992**.
2. **School Pcard** - Order and payment can be made via our website (<https://www.stewarthouse.org.au/merchandise-2/>)

Contact Information

School/Organisation:

Contact Person:

Email:

Phone number:

For further information

Please contact us:

Email - marketing@stewarthouse.org.au

Phone - 02 9938 3100

Stewart House PO Box 21, Freshwater NSW 2096

P +61 2 9938 3100 | W stewarthouse.org.au | E marketing@stewarthouse.org.au | ABN 97 127 072 100



**Trundle Central School P&C Inc.
Annual General Meeting
10th March 2021
3.30pm
All Positions will be declared vacant**

Lockers available now!

Locker keys will be available now for all students in Year 7- 10.

All students must comply with the Locker Policy.

Registrations can be filled in the library at lunch time on Tues-Fri by Mrs P.

Deposit: \$10

Refund : \$10 (at the end of the school year unless the key is misplaced)

Students who still have their locker keys from last year can keep using them; however, they are asked to bring them to the library for registration.



**Trundle Central School Hospitality students
present...**

Trundle Eats

Every Wednesday

Orders to the front office by 9am

**(Name, Year & Sauce type needed please
in a lunch order bag)**

**This week:
Wednesday 3rd March
6 x Chicken Nuggets
\$4**

(Mayo, tomato or BBQ sauce)

**This service is only available for students enrolled
at Trundle Central School.**

**All money raised will contribute to secondary
welfare excursions**

UNIFORM PROCESS

Trundle Central School have taken over uniform ordering from Bug Eyed Brats.

Please follow the below process for purchasing uniforms:

1. Please complete the Uniform Order Form and return to the Front Office.
2. Orders will need to be submitted 1 day before pickup, this is to allow time for processing.
3. We encourage Parents to pay Online. If you are unable to pay online, could you please ensure that you have the exact money when collecting/ordering.
4. If uniforms are not in stock, please be aware that ordering times could be up to two weeks.
5. Uniforms will need to be paid before collection.

If you have any questions, please call the Office on 68921303.

School Jackets

School Jacket Orders need to be submitted by this
Friday 5th March 2021
with payment
to ensure timely delivery.

UNIFORM PURCHASE FORM

Parents Name: _____

Contact Number: _____

Student Name: _____



ITEM DESCRIPTION	SELLING PRICE	SIZE	QTY	Total
Maroon Jacket	\$ 50.00			\$
Maroon Jumper	\$ 25.00			\$
Maroon Sports Shorts	\$ 20.00			\$
Maroon Sports Pants long	\$ 25.00			\$
Grey Long Pants	\$ 20.00			\$
Grey Shorts	\$ 20.00			\$
Primary Short Sleeve Polo Shirts	\$ 20.00			\$
Primary Long Sleeve Polo Shirts	\$ 20.00			\$
Primary Girls Navy Skort (STRETCH Cotton)	\$ 20.00			\$
Primary School dress	\$ 45.00			\$
High School Polo Shirts	\$ 20.00			\$
Secondary Navy Skirt	\$ 25.00			\$
Girls Navy Shorts (Secondary Girls)	\$ 20.00			\$
Navy Long Pants	\$ 20.00			\$
Stretch Bootleg Navy Pants	\$ 20.00			\$
Maroon Hat - S/M/L	\$ 10.00			\$
Grey Socks -pk of 3	\$ 10.00			\$
Library/ Swimming Bags	\$ 5.00			\$
Maroon Bike shorts	\$ 2.00			\$
Total Cost				\$
Payment Methods				
Cash (please have the correct amount)				
Cheque				
Payment Online (POP)				

Nugget's Golden Nuggets

20 golden nuggets to our swimmers that went to Gobondery/NARRAF carnival last week. To those that were successful, good luck in the next level.

20 golden nuggets to the SRC members. I know the conference is on Friday but I also know good things will come from this meeting of great minds.

10 golden nuggets to students in 5/6. Southo came home talking about how cooperative and well-mannered you people are. People tend to focus on the negatives of young people but there are massive positives if you people are an indication.

10 gold nuggets to Jaxson Whiley for turning 18. Southo said he was the biggest Year 4 child he has even seen and it appears he is also turning into a fine adult. I am sure there is great video available of your party for you and your family to view in many years to come.

10 steaming nuggets to whoever is responsible for dumping cats at the Trundle Rubbish Depot. The number of feral cats at the tip is a disgrace. When they finish eating food scraps I am sure they are killing native animals. Culling may be the only answer as they are out of control.

100 steaming nuggets to the pigeons that are



leaving their droppings all over the footpath near the Food store. It is not a good look for our town. I do not know who is responsible for the removal of the droppings, which do carry disease, BUT SOMEONE IS!!!!

Brain teaser from Nugget

Jimmy's mother had four children. She named the first Monday. She named the second Tuesday, and she named the third Wednesday. What is the name of the fourth child?

(Jimmy, because Jimmy's mother had four children!)



Primary

Students of the Week

K/1/2 - Isabelle Kerin

3/4 - Mia Sipple

5/6 - Rohan Paivinen

Mr Burley - Cameron Strudwick

Gobondery/NARRAF Swimming Carnival

Congratulations to all our swimmers who participated in the Gobondery/NARRAF Swimming carnival on Friday. They all did exceptionally well in all their events. Thank you very much to Kylie Strudwick for efficiently managing the team, ensuring that they were ready for their events, hydrated and regularly applying sunscreen. Thank you very much to Jo Randall and Cheree Stokes for time keeping all day! Thank you very much to Melissa Stokes for taking some fantastic photos of our students in action.

Thomas Sanderson was Junior Boy Champion Runner - Up and came 1st in 10 years Boys 50m and 1st in Junior Boys Butterfly.

Our relay team came second and will now compete at the WSSA Swimming carnival on the 12th March! This team consists of Hailey Bolam, Vashti Williams, Alex Stevenson and Thomas Sanderson.



Year K/1/2, Year 3/4 and 5/6 Headphones

All students in Year K/1/2, Year 3/4 and 5/6 will need a set of headphones for many different classroom tasks over the coming year. We are asking parents to provide a set of headphones for their child to use in the classroom. This will be labelled and kept in a snap lock bag with their name on it and only used by the child who owns them.

Lego

Do you have unwanted Lego? We are looking for donations of any genuine Lego (not Duplo) that you no longer have a use for. Please ensure that the pieces are in a reasonable condition.

A big thank you to those families who have already generously donated Lego!

Library Days K-6

All K-6 students will go to the library with their teachers during the week. During this time they will learn more about the library and are able to borrow books to take home. It is preferable for students to bring a library bag on these days. Students can also borrow and return books at any other time during week. The library is open at lunchtimes.

Monday	Wednesday	Thursday
K-2	Year 5-6	Year 3-4



Sun Safe Policy

This term is a No Hat No Play term. Students **MUST** wear a wide brimmed hat. This means that if they do not have a hat, they cannot participate in any outdoor activities including lunch time play. We keep a small selection of spare hats for those students who accidentally forget their hats. These hats are washed regularly but are not to be used every day by the same students. We will endeavour to call parents to let them know their child has forgotten their hat so that it can be found. Please make sure you put your child's name inside their hat.

Crunch and Sip

Children are encouraged to bring **FRESH** fruit or vegetables to school for Crunch and Sip. They are also able to have a sipper bottle of water in the classroom.



Photos taken by Melissa Stokes.

Secondary

Congratulations to our Stage 6 students who attended study days last week. As always our students represented themselves and the school to the highest standards in behaviour and application. Hopefully the more traditional setting of being face to face with the teachers has led to some greater relationship between the teachers and students which in turn will lead to better results for our students.

This Friday our newly elected SRC will be holding their traditional conference at the Trundle Hotel. These days are extremely valuable as they begin their year's journey in leading our school and improving outcomes for the school community. Our SRC take on an extremely challenging role as not only are they volunteering to lead through servitude but they are also undertaking to have their behaviour and attitude at school held to the highest standards. This role will be demanding but rewarding and I again congratulate all those students who have been elected. Thanks to Miss Price and Mr Burley for their ongoing organisation.

As the year progresses all of our students will begin to receive assessments in various forms. In Year 7-10 students are given plenty of notice and all assessments have checkpoints to ensure they are on track to complete them successfully. In Year 11&12 the students receive notification well in advance of their assessments being due. All of our students are supported in completing their assessments and are encouraged to seek assistance if they require it. Students, especially our Year 11&12, are encouraged to practise time management with their assessments.

As always if there are any questions in regards to secondary matters please contact me at school.

Have a great week
Gerry Capell
Head Teacher Secondary Studies

Secondary sportspeople of the week

Hayley Lowe, Jessica Morgan, Cooper Holloway, Narella Thornton McKellar, Miranda Barnes



Secondary Swimming- Clothes Swim

All secondary students who are engaging in Lifesaving for sport must bring items of clothing for their *clothes swim* this Wednesday the 24th February.

All swimmers require long pants and a long-sleeved shirt. However, students in Aliethea's group need to also bring a jumper and students in William Taylor's group also need a jumper, shoes and socks.

Secondary Students Welfare Levels

TERM 1	week 6 level
Chloe	4
Josh	3
Lucy	4
Tyrone	4
Haley	4
Mia	4
Jess	4
Iris	4
Mackenzie	4
Ben	4
Alice	4
Kayden	4
Corey	4
Cooper	4
Ella	5
Max	5
Dani	5
Jack	3
Daniel	3
Nicholas	4
Narella	4
Noah	3
Harry	4
Jake	3
Laney	4
Sam	4
Zachary	4
Jason	4
Hannah	3
Blair	4
Jim	4
Kiera	4
Paddy	4
Miranda	3
Ryan	4
Grace	4
Xander	4
Casey	4
Alex	4
Aliethea	4
Jordan	4
Jennet	4
Aidan	4
Jason	4
William	4
Matthew	4
Dylan	4
Hamish	4
Jaxson	4
Nicholas	4

What do the levels mean?

Level 3 = 0 - 14 pink slips

Level 4 = 15 - 29 pink slips

Level 5a = 30 - 44 pink slips

Level 5b = 45 - 59 pink slips = 1 hot chocolate

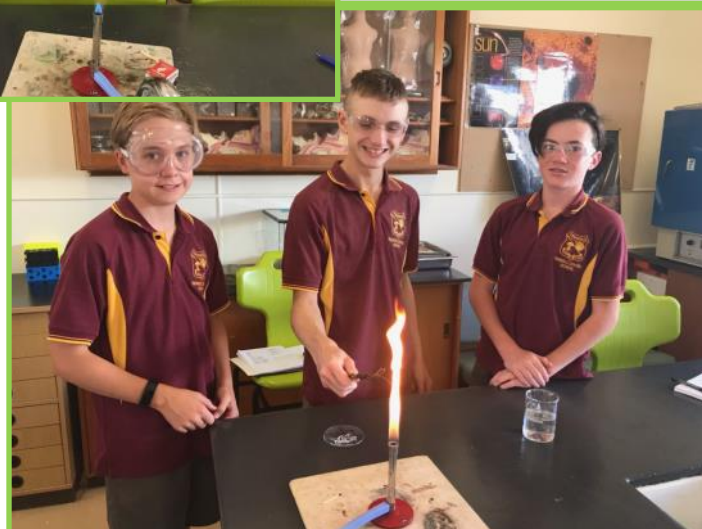
Level 5c = 60 - 74 pink slips = 1 hot chocolate & blue award

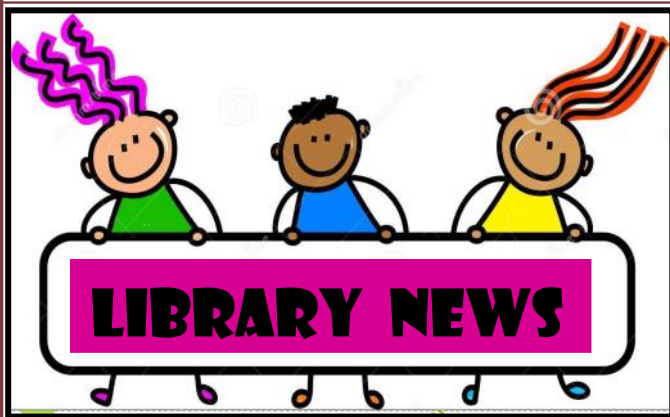
Level 6 = 75+ pink slips = Mufti Day . Broze Award
and invite to the reward trip (end of each semester)

* means the student has received the reward



Last week, our Year 8 Science students identified various elements using flame tests.





Scholastic orders have now been submitted and we are expecting the books within the next couple of weeks.

What Can You Do In the Library?

- Read a book, return or borrow a book.
- Play a computer
- Draw/colour in
- Play a board game
- Complete an assignment
- Chat with friends



Lego

Do you have unwanted Lego? We are looking for donations of any genuine Lego (not Duplo) that you no longer have a use for.

Please ensure that the pieces are in a reasonable condition.

A big thank you to those families who have already generously donated Lego!

2021 Premier's Reading Challenge

The Challenge aims to encourage a love of reading for leisure and pleasure in students, and to enable them to experience quality literature. It is not a competition but a challenge to each student to read, to read more and to read more widely. The Premier's Reading Challenge (PRC) is open to all NSW students in Kindergarten to Year 9, in government, independent, Catholic and home schools.

The 2021 Challenge dates are as follows:

Challenge opens: Monday March 1, 2021

Challenge closes for students: Friday August 20, 2021



Community



Trundle Amateur Swimming Club

Swimming Club Presentation and Championships will be held on Friday 19th March 2021 at 4:00pm. Due to COVID-19 restrictions there will be no barbecue. We encourage all members to support the pool canteen instead.

There will be an AGM at the end of the presentations. Please be aware that ALL positions will be declared vacant.

Our final point score meet will be on Friday 5th March 2021.

Please return any perpetual trophies to Trundle Central School front office as soon as possible.

There will be swimming training this Wednesday 4:00-5:00pm. Just a reminder that your child needs to be able to confidently swim 50m to participate in these sessions.

Trundle Junior Cricket Report

Last Saturday the Trundle Junior team played the Colts at the soccer fields in Condobolin.

The somewhat depleted Colts side won the toss and asked Trundle to bowl first. The Trundle team's performance in the field was outstanding. The positive mindset that Trundle displayed on the paddock inhibited the batting side and produced a couple of brilliant catches. This resulted in a very low score for the Colts of 36 runs at the end of their innings.

In response, our run chase was careful and controlled. The Trundle side were able to overtake the Colt's tally in 8 overs with the loss of only 1 wicket. This was the best effort produced by our young players so far this season. Excellent result team!!

Thank you to the parents and supporters that helped with scoring, umpiring, and preparing our side. Thankyou also to our players that helped the Colts in the field due to their lack of numbers.

Fielding Points, Charlie Taunton – 3, Tristan Laing– 2, Carmel Kelly – 1

Next Saturday is the Semi Final against the Condo Gilgais in Condobolin, I should know which venue it is to be played at by Tuesday and I will notify our players via txt as soon as I find out. Training will be 4.30pm on Thursday. Carmel and Ella are having this week off so everyone else can play.

Please call me on 0428975335 if you have any questions.

Cheers,

Jono

Trundle Golf Club
Annual General Meeting

THURSDAY
 18 MARCH 2021

7.30PM FOLLOWING
 TWILIGHT GOLF AT GOLF CLUB

ALL POSITIONS DECLARED
 VACANT

ALL PLAYERS ENCOURAGED TO
 ATTEND AND HAVE THEIR SAY
 AND SHOW SUPPORT MOVING
 FORWARD

TTT Local AECG

MEETING

8 MARCH 2021

Where: Trundle RSL Club
(Also available via Zoom)

When: Monday 8 Mar 2021

Time: 4pm

Please note this Meeting is scheduled as the previous Meeting on 22 Feb 21 did not proceed.

To Join Zoom Meeting –this link will be forwarded upon receipt of your RSVP.

For further information
Contact: Dianne Darcy 0428 980 729

TOGETHER WE ARE TOGETHER WE CAN TOGETHER WE WILL

Pray for Vanuatu

World Day of Prayer Service 2021



all Welcome



Date: 5th March

Time: 10am

Location:

Presbyterian Church Hall

Contact person: Jen Kelly 0417 697770



Forbes District Soccer Club 2021

Online Registrations are now open for the 2021 Winter Football Season
Competition Starts Saturday 24 April

BECOME A PLAYER

U4 & U5 - Miniroos

Forbes DSC very successful Under 4 & 5s Miniroos program will continue into 2021.

Online Registration: www.myfootballclub.com.au/kick-off-finder, type in 2871 for Forbes and select Under 4s or Under 5s program.

(Face to Face rego details below)



MINIROOS

BECOME A PLAYER

U6 - SENIORS

Players turning 6 (U/6s) through to Seniors - both Ladies and Men need to register online at ...
www.myfootballclub.com.au and select Forbes District Soccer Club.*The NSW Government now provide a \$100 voucher to parents / guardians of school / TAFE enrolled children aged 4.5 to 18 via the Active Kids Rebate. The \$100 voucher can be used towards registration costs and requires you to create an account at www.service.nsw.gov.au and enter your medicare details for each child that will be playing soccer. You will be given a voucher code for each child and can enter the voucher code at the payment section of Online registration plus the Club Gap Fee.

Face to Face Registrations will be held at Forbes Services Memorial Club on the 20, 27 February, 6, 13, & 20 March from 10am - 12pm.

Entry from Templar Street

Inquiries: Doug McKenzie 0412 287 810, Ash Millford 0404 039 772

Local Mental Health Services

ACUTE

EMERGENCY DEPARTMENT For a mental health assessment

CHILD & ADOLESCENT MENTAL HEALTH SERVICE (CAMHS)

ORANGE: 6369 7320

BATHURST: 6330 5350

DUBBO: 6881 4000

MUDGE: 6371 9800

COWRA: 6340 9050

PARKES: 6861 2570

FORBES: 6850 7300

CAMHS provides services for young people up to 18 years who have emerging, identified, or who are at risk of mental health problems. CAMHS is a tertiary specialist service for young people with moderate-severe mental illness & their families/carers.

PARENTAL OR CARER CONSENT IS REQUIRED FOR A REFERRAL TO CAMHS

Call intake to make a referral to CAMHS, if outside of these towns, please call the Mental health Line.

MENTAL HEALTH LINE 24hrs, 7 days per week) a state-wide 24 hour mental health telephone access service. Anyone with a mental health issue can use the Mental Health Line to speak with a mental health professional and be directed to the right care for them.

Mental Health Line
1800 011 511

MILD TO MODERATE

COMMUNITY HEALTH Community Health service depends on town, but may include counselling, speech therapy, occupational therapy for children aged 0-12 years and their families.

GP A General Practitioner can provide a Mental Health Care Plan which allows access for a medicare rebate for up to 10 sessions with a **Private Practitioner**.

HEADSPACE headspace centres provide early intervention mental health services to 12-25 year olds. This covers four core areas: mental health, physical health, work and study support and alcohol and other drug services.

SCHOOL COUNSELLOR

OR SIMILAR For brief intervention or referral to **NGO, family support programs or other support service.**

DRUG & ALCOHOL SERVICES

ALCOHOL AND DRUG INFORMATION SERVICE

1800 422 599 (24hrs, 7 days per week) a state-wide telephone service providing education, information, referral, crisis counselling and support

YOUTH DRUG & ALCOHOL CLINICAL SUPPORT NETWORK (YDACS)

Provides clinical advice, education and training to service providers and professionals to support them in providing age-appropriate treatment to young people using alcohol or other drugs. Not a referral service or helpline for young people. phone on: (02) 6369 7920 or email WNSWLHD-YDACS@health.nsw.gov.au

PHONE & WEB SERVICES

WEBSITES:

Reach Out helps under 25s with everyday questions through to tough times.
<https://au.reachout.com/>

eheadspace is a confidential, free for young people 12-25 to chat, email or speak on the phone with a qualified youth mental health professional. <https://www.eheadspace.org.au/>

PHONE SERVICES:

Kids Helpline 1800 55 1800
for under 25s telephone counselling

Lifeline 13 11 14



MEDIA RELEASE

HELP SUPPORT CLEAN UP AUSTRALIA DAY IN THE PARKES SHIRE

Parkes Shire residents are invited to join the nation-wide effort to help conserve the environment as part of this year's Clean Up Australia Day on Sunday 7 March 2021.

Community members are encouraged to gather their friends, family and colleagues to join Council staff in helping to clean up, fix up and conserve our local parks, gardens and reserves.

Over 18.3 million Australians have donated their time as part of Clean Up Australia activities over the last 30 years. 36 million hours of volunteer time has been donated to Clean Up activities to benefit our environment and 380,000 ute loads of rubbish have been removed as part of Clean Up Australia activities.

Mayor of Parkes Shire, Cr Ken Keith OAM said, "Clean Up Australia Day is not only good for our native flora and fauna, it is also a great community event and a way for everyone to show pride in our region.

"By doing our bit to remove and reduce rubbish accumulating in our local parks, roadsides, bushland and waterways, we can ensure that our natural assets will be there to enjoy well into the future."

Registrations will take place from 8am on Sunday 7 March 2021 at Lions Park. Clean up areas will be allocated to groups at this time, or individuals combined into Clean Up teams. Please bring gloves, a hat, sturdy shoes and don't forget your water bottle and sunscreen.



COMMERCIAL & RESIDENTIAL PREMISES FOR SALE

Older style building comprising two commercial premises and two residences, with combined potential rental return of \$420+ per week.

One shop is currently occupied by a hairdresser business. The two residences (2 & 3 beds) are located at the rear of the property, one is elevated with a balcony.

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Trundle Central School Breakfast Club:

- Every school day from 8:30am in the Food Technology Room
- All students are welcome to come and eat breakfast for **FREE!**
- Toast, Cereal and Fruit daily
- Pancake days on random occasions



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